

IN THE CLAIMS

Please amend the claims as follows:

Claim 1 (Currently Amended): An optical fiber that has
a cable-cutoff wavelength of not longer than 1430 nanometers,
a mode-field diameter of not less than 7 micrometers and not more than 9
micrometers at a wavelength of 1450 nanometers,
a transmission loss of not more than 0.285 dB/km at the wavelength of 1450
nanometers, ~~and~~
a dispersion of not less than 0.1 ps/nm/km and not more than 4 ps/nm/km at the
wavelength of 1450 nanometers, and
a zero-dispersion wavelength of not more than 1430 nanometers.

Claim 2 (Original): The optical fiber according to claim 1, wherein
the transmission loss is not more than 0.25 dB/km at the wavelength of 1450
nanometers.

Claim 3 (Original): The optical fiber according to claim 1, having a bending loss of
not more than 5 dB/m, in a curvature diameter of 20 millimeters at bending, at a wavelength
of 1550 nanometers.

Claim 4 (Original): The optical fiber according to claim 1 having a Raman gain
efficiency of not less than 0.7 (1/W/km) at the wavelength of 1450 nanometers.

Claim 5 (Original): The optical fiber according to claim 1, having a transmission loss
of not more than 0.4 dB/km at a wavelength of 1390 nanometers after hydrogen ageing.

Claim 6 (Original): The optical fiber according to claim 1, further comprising:
a cladding;
a first core at a center of the optical fiber;
a second core surrounding the first core, and having a lower refractive index than the cladding; and
a third core surrounding the second core, and having a lower refractive index than the first core and higher refractive index than the cladding.

Claim 7 (Original): The optical fiber according to claim 1, subjected to deuterium ageing.

Claim 8 (Currently Amended): A distributed Raman amplifier comprising:
an optical fiber that has
a cable-cutoff wavelength of not longer than 1430 nanometers,
a mode-field diameter of not less than 7 micrometers and not more than 9 micrometers at a wavelength of 1450 nanometers,
a transmission loss of not more than 0.285 dB/km at the wavelength of 1450 nanometers, and
a dispersion of not less than 0.1 ps/nm/km and not more than 4 ps/nm/km at the wavelength of 1450 nanometers[.], and
a zero-dispersion wavelength of not more than 1430 nanometers.

Claim 9 (Currently Amended): An optical communication system comprising:
a first optical fiber serving as a transmission line, wherein the optical fiber has

a cable-cutoff wavelength of not longer than 1430 nanometers,
a mode-field diameter of not less than 7 micrometers and not more than 9 micrometers at a wavelength of 1450 nanometers,
a transmission loss of not more than 0.285 dB/km at the wavelength of 1450 nanometers, and
a dispersion of not less than 0.1 ps/nm/km and not more than 4 ps/nm/km at the wavelength of 1450 nanometers, and
a zero-dispersion wavelength of not more than 1430 nanometers; and
a distributed Raman amplifier that includes a second optical fiber serving as an amplifying medium, wherein the second optical fiber has the same characteristics as the first optical fiber.